

J-Kids Schedule

Weekly drop-in children's programming, included in Full Family Membership

Monday	Wednesday	Thursday
<p>FunFit 4:30-5:30 PM Gymnasium 6-9 years</p>	<p>Dodgeball 4:30-5:30 PM Gymnasium 10-13 years</p>	
<p>CycleFit 5:30-6:20 PM Cycle Studio 10-13 years</p>		<p>DanceFit 4:30-5:30 PM Room 211 6-9 years</p>

FunFit and DanceFit

We combine exercise with fun in this fast-paced class! Playing various games, children will be moving, laughing, making friends, and getting their daily dose of physical activity.

Dodgeball

Agility, strategy, speed and accuracy are needed for this action-packed hour of dodgeball! Supervised by a referee, many variations of the game are played to keep players engaged. This is recommended for those ages 10-13.

CycleFit

Cardio, strength and speed will be elements of this Cycle class in a fast, but self paced, ride in our Cycle Studio. Our instructor will engage kids in cycle drills riding along to catchy songs. This program is recommended for kids ages 10-13.

Register on the JCC App through your child's profile

January - June: School-year schedule
Classes do not run on statutory holidays

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For more information, please visit prossermanjcc.com